

A close-up portrait of a young woman with dark hair, looking slightly to the left with a serious expression. The background is blurred green foliage.

ONE LIFE LOST

IS ONE TOO MANY...

TAKE THE TRAINING

Because over the course of a year, 5,821* people died by suicide in the UK. That's nearly 16 people EVERY day.

20 minutes is all it takes.

Take the training at zerosuicidealliance.com